



Benefits Newsletter

September 2021



For any Benefits content
questions, contact the SRNS
Service Center at 5-7772
or via email at the [SERVICE-
CENTER@srs.gov](mailto:SERVICE-CENTER@srs.gov).

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September

NOTES:

Hello September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 AFLAC Webinar	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Benefits and You	17	18
19	20	21	22 HSA Bank Webinar	23	24	25
26	27	28	29	30 HSA Bank Webinar		



Health and Welfare

What is atrial fibrillation?

Atrial fibrillation is the most common type of heart arrhythmia (irregular heartbeat) that can interrupt the normal flow of blood. This interruption means the conditions puts you at risk of blood clots and stroke.

Between 2.7 and 6.1 million U.S. people have atrial fibrillation (AFib or AF).

With AFib, the two upper chambers of your heart (atria) are affected. This disrupts blood flow to the ventricles or the lower chambers, and then throughout the rest of your body.

If left untreated, AFib can be deadly.

Atrial fibrillation may be temporary, may come and go, or may be permanent. It's also most common in adults over the age of 65^{Trusted Source}. But with proper medical care, you can live a normal, active life.



Overall, you might experience symptoms of AFib for several minutes or hours at a time. Symptoms that continue over several days could indicate chronic AFib.

Atrial Fibrillation Awareness Month

Causes of atrial fibrillation

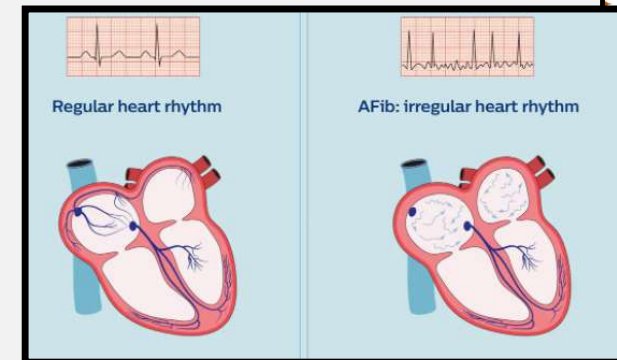
The heart contains four chambers: two atria and two ventricles.

Atrial fibrillation happens when these chambers don't work together as they should because of faulty electrical signaling.

Normally, the atria and ventricles contract at the same speed. In atrial fibrillation, the atria and ventricles are out of sync because the atria contract very quickly and irregularly.

The cause of atrial fibrillation isn't always known. Conditions that can cause damage to the heart and lead to atrial fibrillation include:

- high blood pressure
- congestive heart failure
- coronary artery disease
- heart valve disease
- heart surgery
- binge drinking
- thyroid disease



An overall healthy lifestyle may decrease your risk of AFib. But not all causes are preventable.



Health and Welfare

2022 OPEN ENROLLMENT INFORMATION

- OE will be passive again this year (you can roll over your benefits. No action results during Open Enrollment will result in maintaining your 2021 benefits at the 2022 premium rates)
- **NEW:** Medical and Dental Rates are increasing for 2022
- Vision and Aflac rates will remain the same for 2022
- **NEW:** Plan changes regarding family planning and fertility:
 - o The plan will have a lifetime annual maximum for \$25,000
 - o Treatments covered: In-vitro fertilization, frozen embryo transfer, and intrauterine insemination
- HSA limits will increase for the new plan year
 - o Single Coverage: \$3,650
 - o Family Coverage: \$7,300
- FSA limits will remain the same for the new plan year
 - o Traditional and Limited plans: \$2,750. Rollover amount will be \$550
 - o Dependent Care: \$5,000 (if married filing jointly)
- Review your dependents listed in each plan! To add or remove a dependent, please complete the OSR 5-337 and return it to the SRNS Service Center, Service-Center@srs.gov.

Keep an eye out for
the OE Guide coming
in late September



**SRNS/BSRA Active
Employee OE Dates:
October 4 - 28**



Health and Welfare

2022 OPEN ENROLLMENT INFORMATION

2022 Open Enrollment Education Sessions			
Topic	Date	Session Times	How to Sign Up
HSA Bank Health Savings Accounts 101	Wednesday, September 22 nd	1 hour session 10:00am	https://teams.microsoft.com/registration/_R_uRd5y-UuQFERzm9HPrA,dKH6ZHZYNEm5I4tfQGnEdw,ds5ESgGij0qLmbX51cg4QQ,bcaHdltf0W549S0NtLKqA,j38e5vgUKESzwxCVm5lhfw,GwK-iP4gSkyQIfcKcJ_Kkg?mode=read&tenantId=45ee1ffd-72de-4bf9-9014-44739bd1cfac
	Thursday, September 30 th	1 hour session 2:00pm	https://teams.microsoft.com/registration/_R_uRd5y-UuQFERzm9HPrA,dKH6ZHZYNEm5I4tfQGnEdw,ds5ESgGij0qLmbX51cg4QQ,IA7KRSKXvE2FKkdl4mZi5A,t3z0OfSyqUG4ArFDw6uhQQ,i0PASwW5KEuYS13Np_f6AQ?mode=read&tenantId=45ee1ffd-72de-4bf9-9014-44739bd1cfac
Benefits and You An overview of the Benefit Plans offered to SRNS and BSRA employees	Tuesday, October 13 th	2 hour session starting at 10:00am	Email Christopher.Horton@srs.gov to sign up for this session
EyeMed Virtual Vision Fair	Available All Days https://eyemedvirtualbenefitfair.com/		Click Link and enter password: RM88J9D6
Incumbents Guide to Retirement Pre65 and Post65 benefits	Tuesday, November 2 nd	2 hour session starting at 10:00am	Email Christopher.Horton@srs.gov to sign up for this session



Retirement Services



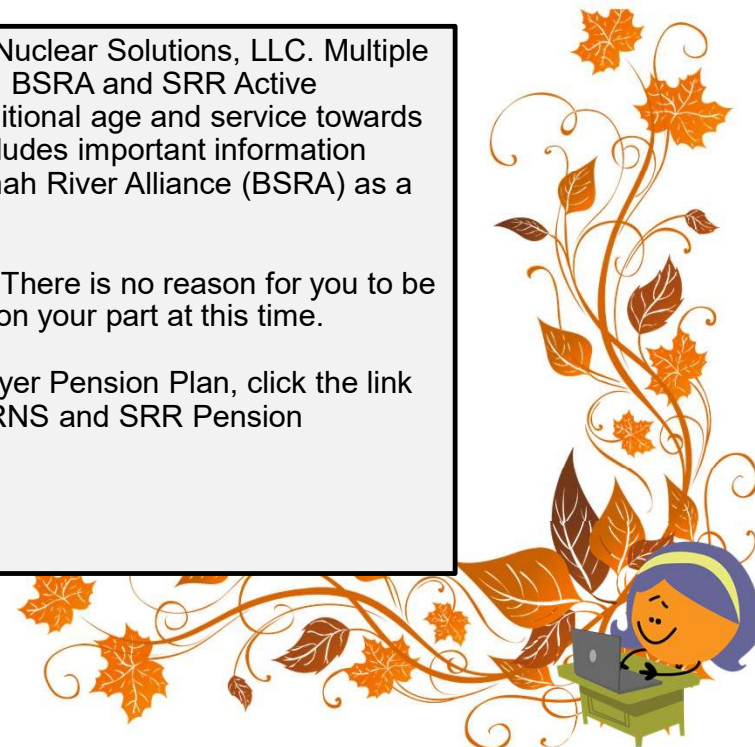
Pension Plan – Summary Plan Description

An updated version of the Summary Plan Description (SPD) for the Savannah River Nuclear Solutions, LLC. Multiple Employer Pension Plan (the “Plan”) is now available online. The SPD is for all SRNS, BSRA and SRR Active Incumbent Employees who were hired before Aug. 1, 2008, and are still accruing additional age and service towards pension eligibility. The SPD describes the Plan effective as of June 21, 2021, and includes important information about the major provisions of the Plan. The SPD was updated to add Battelle Savannah River Alliance (BSRA) as a Plan Sponsor to the Plan.

We are required by law to update the SPD and distribute the updated version to you. There is no reason for you to be concerned; the updated SPD is for informational purposes only. No action is needed on your part at this time.

To see the latest SPD for the Savannah River Nuclear Solutions, LLC Multiple Employer Pension Plan, click the link below or visit InSite>Services>Human Resources Home>Benefits>Pension Plan> SRNS and SRR Pension Handbook (SPD).

https://web.srs.gov/hr/benefits/pdf/pension_handbook.pdf





Retirement Services



**Financial
Engines®**

Financial Engines Special Offer

Experience Professional Management for three months free of program fees to see if it's right for you. Cancel anytime. You now have until September 10, 2021, to sign up for this Special Offer. Program fees will now apply after December 10, 2021.

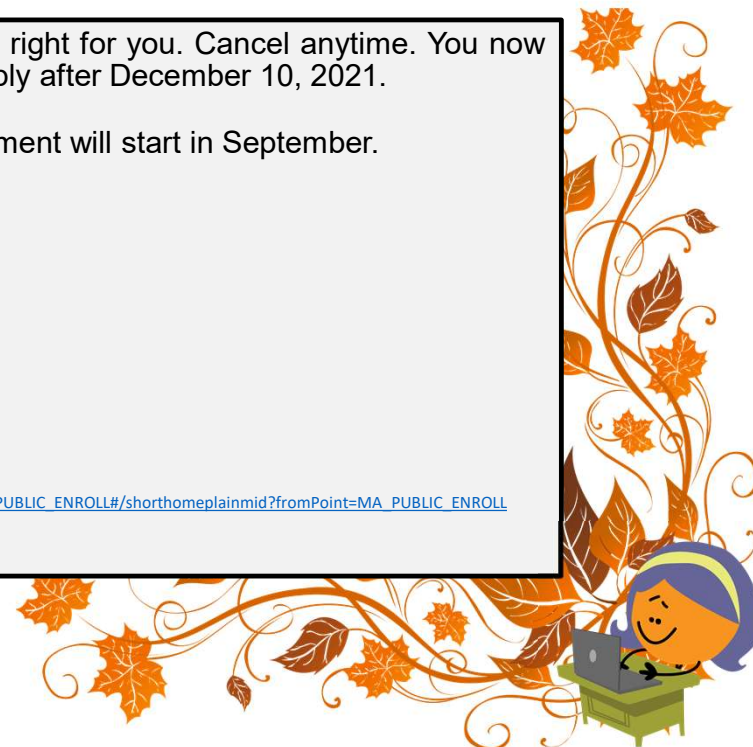
The next free trial offer for enrollment in Edelman Financial Engines Professional Management will start in September.

Enrollment will run for 3-weeks and offer 3 months free for Professional Management.

- Promotion Start Date: **8/24**
- Promotion End Date: **09/10**
- Free Trail Start Date: **9/10**
- Free Trail Expiration Date: **12/10/2021**

Click this link for the free trial:

https://www.financialengines.com/app/enrollment/?s_cid=dr%3Ata%3Asrns%3Ana%3Ana%3Ana%3Ana%3Ana&testGroup=PESlatency%3A%3Acontrol&fromPoint=MA_PUBLIC_ENROLL#/shorthomeplainmid?fromPoint=MA_PUBLIC_ENROLL



Disability

5 Do's and Don't's for 5SICK

5SICK (5-7425) Phone Options

- #1 – for FMLA questions
- #2 – for Long Term Disability questions
- #3 – for Pre-Surgery instructions and forms
- #4 – to speak with a Disability Case Manager (DCM) or have questions regarding Short Term Disability
- #5 – for questions on Disability policy

Fun Facts

Disability Case Management (DCM)

Phone: 5SICK 5-7425 (803)725-7425

Email: 5SICK@srs.gov

Fax: (803) 952-9663

Question #1 : John went on vacation to the Bahamas, but while taking a hike he fell and broke his hip and was hospitalized. If John wants to apply for Short-Term Disability, what should he do?

1. Call Site Medical to report his injury
2. Call his next door neighbor
3. Call 5SICK/Disability Case Management

Answer: Option #3 is correct. Per the 5B Manual (Procedure 3.2, Section 5.3.6), if an employee becomes sick/injured while on vacation, they must contact their manager and 5SICK before the start of the workday of the remaining prescheduled days off. Failure to notify management and/or a denial from DCM will result in the employee being charged for all prescheduled TimeBank hours off.

Question #2: Sara was out sick from work last week and may require more time off to recover. What should she do?

1. Contact 5SICK immediately to alert them to her absence and possible need for disability
2. Call her manager and stay in bed
3. Call Site Medical whenever she's able to return to work

Answer: Option #1 is correct. After Sara satisfies the 40 hour waiting period (which she may already have), she's eligible for short term disability. As the Disability Plan has a maximum 7-day lookback period, Sara needs to contact 5SICK immediately as she started missing work a week (or 7 days) ago for her illness/injury.

Disability

Question #3: Jeff needs to take time off for a disability. What should he provide to DCM?

1. A doctor's excuse noting the dates he needs to be out
2. Medical documentation showing the details of his illness, treatment plans, reasons/dates why he cannot work
3. A list of his upcoming appointments

Answer: Option #2 is correct. DCM will require medical documentation (i.e. copy of office notes) addressing diagnosis, course of treatment, work status (ability to work), and tentative return to work date. Information can be faxed to DCM at (803) 952-9663 or if information is available from a patient portal, it can be e-mailed to 5sick@srs.gov.



Question #4: Linda needs back surgery. It's scheduled in 3 weeks. What should she do?

1. Wait until 3 weeks pass and call 5SICK
2. Wait until she's ready to return to work and call 5SICK
3. Call 5SICK now to get pre-surgery instructions and forms

Answer: Option #3 is correct. Linda should call 5SICK and select option #3 to be e-mailed Pre-Surgery forms and information. Completed forms should be provided to DCM no more than 1 week ahead of scheduled surgery, as plans could change. Forms can be faxed or e-mailed to the numbers noted above.

Question #5: Rick was on short term disability for 8 weeks and is ready to return to work. What should he do?

1. Get a return-to-work letter from his doctor and send it to Site Medical
2. Get a return-to-work letter from his doctor and send it to DCM
3. Return to work and provide the letter to his manager

Answer: Option #2 is correct. Rick should contact 5SICK so the DCMs can arrange an appointment with Site Medical for him to return to work.



Benefits Spotlight



South Carolina

Where to go for care...

Doctor's Office

Your primary care physician, or regular doctor, is the best option for routine medical care like:

- Annual checkups or physicals, health screenings, immunizations
- Prescription consultation, refills
- Chronic condition management

And unexpected health issues, if they can wait a day, like:

- Sprained muscles and bruises
- Cold and flu symptoms, sinus infections, bronchitis and other respiratory infections
- Urinary tract infections
- Migraines and seasonal allergies
- Pinkeye, rashes and other skin irritations

Log in to the My Health Toolkit® site or mobile app to find local doctors in your network.

Blue CareOnDemandSM

Blue CareOnDemand is a great option if your doctor's office is closed, you're traveling or you feel too sick to drive. Using your computer or mobile device, you can see a doctor for non-emergency issues like:

- Cold and flu symptoms, including fever, coughing, sore throat and mild nausea
- Bronchitis and other respiratory infections
- Urinary tract infections
- Seasonal allergies
- Pinkeye
- Migraines
- Rashes, insect bites, sunburn, other skin irritations

Go to BlueCareOnDemandSC.com or download the mobile app from the App Store or Google Play.

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Emergency Room

Go to the ER or call 911 for potentially life-threatening conditions like:

- Heavy, uncontrolled bleeding
- Signs of a heart attack, like chest pain that lasts more than two minutes
- Signs of stroke, such as numbness, sudden loss of speech or vision
- Loss of consciousness or sudden dizziness
- Injuries such as broken bones or head trauma
- Coughing up or vomiting blood

